

# April 2009 Yoga & Pilates Drop-In Schedule



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East Boulder Community Center 5660 Sioux Drive 303-441-4400				
CLASS	ROOM	DAY	TIME	INSTRUCTOR
Pilates/Yoga Interm.	Dance	W	12:00-1:00 pm	Alicia Grayson
Pilates Mat	Dance	F	6:30 - 7:30 am	Rachael Britton
Pilates Mat	Aerobics	F	8:45 - 9:45am	Marti Harris
All levels Yoga	Dance	F	12-1 pm	Sharon Alexander/Bryan Burton
EVENING AND WEEKEND CLASSES				
All levels Yoga	Aerobics	Th	6:45 -7:45 pm	Gil Elhart
All levels Yoga	Dance	Sun	11:45am-12:45 pm	Gil Elhart
* North Boulder Recreation Center 3170 Broadway 303-413-7260				
Class	Room	DAY	TIME	INSTRUCTOR
All Levels Yoga	Yoga	M	12-1 pm	Shawna Suzyn
Yoga, Breath&Meditation	Yoga	T	9-10 am	Tess Lorraine
Pilates/Yoga Interm.	Yoga	T	12-1pm	Mary Bevington
Yoga Dance	Yoga	T	4- 5:15pm	Alicia Grayson/ LouAnn Harlow
Intermediate Yoga	Yoga	W	12- 1 pm	Louann Harlow
Breath and Meditation	Yoga	W	1-1:30 pm	Louann Harlow
T'ai Chi, Chi Kung,	Yoga	W	4-5pm	Bataan Faigo, Carolyn Eberle
Feldenkrais, Restorative Sampler				Gil Kelly, John Steele
Yoga, Breath&Meditation*	Yoga	Th (2-5)	8-9 am	Tess Lorraine, Bryan Burton
Kundalini -first	yoga	1st Thurs	8-9 am	Heather Nichols (Kundaliniyoga)
All levels Yoga *	Yoga	Th	12-1 pm	Angel Lin (no class April 16)
Intermediate Yoga	Yoga	F	12-1 pm	Gil Elhart
EVENING AND WEEKEND CLASSES				
Yoga Fundamentals	Yoga	M	5:30-6:45 pm	Karen Dowling
Breath and Meditation	Yoga	M	6:45- 7:10pm	Karen Dowling
All levels Yoga	Yoga	F	5:15-6:15pm	Alica, Bryan/Uma/John
All-levels Yoga	Yoga	Sun	8-9 am	Gil Elhart
All-levels Yoga	Yoga	F	5:15-6:15 pm	Alicia, Bryan,Uma/John
South Boulder Recreation Center 1360 Gillaspie 303-441-3448				
CLASS		DAY	TIME	INSTRUCTOR
All levels Yoga	Dance	M	12-1 pm	John Steele
All levels Yoga	Dance	W (2-5)	4:15-5:15 pm	Lori Batchellor
Family Yoga- first	Dance	1st W	4:15-5:15 pm	Sharon Alexander
Wed of the month				
Intermediate Yoga	Dance	T Th	12-1 pm	Tom (T)/ Caroline (Th)
All levels Yoga	Dance	Sat	12-1 pm	Louis Carllino
Check for up-dates <a href="http://www.bouldercolorado.gov/parks-recreation">www.bouldercolorado.gov/parks-recreation</a>				



\*No Class EBCC Sun Apr 12th North is open 8-5/ No class NBRC Thu Apr 16

Louann Harlow  
Kathleen

Yoga Program  
Coordinator  
Pilates Program

303-413-7255  
303-413-7466



**Pre-Registered Class Visitor Fees:** Yoga, Pilates, T'ai Chi, Feldenkrais, and Tai Chi classes can accommodate visitors. If you would like to try a class in the current seasonal guide, select a class and pay the visitors fee ( 1 1/4 - 1 1/2 hour Yoga, Feldenkrais, Tai Chi and Chi Kung class: \$12, One Hour Class: \$10, Youth Yoga class (up to age 18): \$7).

## **Drop-in Yoga and Pilates Class Information**

For forty years the City of Boulder Park and Recreation Yoga program consisted solely of registered classes. Noon drop-in classes were added in 1997 to provide an introduction to Yoga and to supplement students' practice and attendance at registered classes. Registered classes provide a cost-effective investment in one's health and are tailored to individual needs with categories for seniors, women, prenatal, postpartum, therapeutic, restorative, parent/child, family and specialized classes. In registered classes, the importance of posture is learned in detail and monitored throughout the session. Participants select teachers, choosing styles of yoga for an in-depth study. An hour-and-a-half of personal attention, consistency, small class size, and a calming atmosphere, maximize the nourishing and relaxing benefits when learning a full range of yoga poses. The hourly registered fee is lower than daily and 10 card punch fees. Other affordable registered classes including Tai Chi, Chi Kung and Feldenkrais build a solid foundation and life-long practice. Annual pass and wellness members may take one registered class per session at a 10% discounted rate. Students may also purchase a Registered Yoga or Pilates/Swiss Ball 5-Class Punch Card for \$60, or attend registered classes as a Visitor for \$15 if they are currently or have previously completed one registered session. Questions? 303-413-7255

### **All-Levels Drop-in Yoga**

Drop-in classes are group-guided and vary from gentle to moderate according to the teacher's training. Substitutes are not posted. Partner work, use of music and yoga methodologies vary among the teachers. These mixed level classes consist of warm-up exercises, yoga poses, relaxation and have a basis in the unity of body, breath, and mind. They enable one to "take a breather" and unwind. Strength, flexibility, coordination, and balance are increased and one feels invigorated. Beginner, first-time and continuing students ages 12 and up are welcomed. Arrive on time, wear loose clothing, and practice on an empty stomach. All equipment is provided for yoga practice but students are encouraged to bring their own mat if they continue to attend class on a regular basis. Please read the Guidelines for New Student Orientation. (See [www.boulderparks-rec.org/recreation](http://www.boulderparks-rec.org/recreation) programs and services, yoga, drop-in schedules

**Intermediate Level Drop-in Yoga, Pre-requisite:** Continuing students with a practice of three or more times a week at the moderate to advanced level may find intermediate a safe match. It is expected that all participants know where, when and how to work their edge without strain through an understanding of yoga principles of body awareness, alignment, non competitiveness, and non violence. Students should be self-responsible and sensitive to the variables in their body and mind that change from day to day. Taking at least one City of Boulder registered yoga class or individuals free of injury who exercise daily, and whose strength favors this faster pace can ready one for entry into this vigorous drop-in level. Class may include inversions, progressive back bends, core support, more repetitions, complex sequencing of vinyasa flow, holding postures longer and a deepening of internal focus that reveals how postures affect breath and mental patterns. Those with heart conditions, blood pressure irregularities, injury, inflammation, joint limitations, pregnancy, or recent surgery or hospitalization should not attend this level.

**Yoga Dance:** Blends the internal quiet and gentle stretching of yoga with flowing body rhythms, easy to follow movements and uplifting music. There will be time for personal and group connection and creativity through motion.

**Intermediate Pilates/Yoga Combo:** Experience the regular practice of precise, rhythmical, controlled Pilates mat exercises, followed by classical yoga poses at a moderate to vigorous exercise level. **Pre-requisite:** completion of one full session of a registered Pilates mat class at the beginner level. Questions? 303-413-7466

**Pilates Mat:** Classical Pilates Method beginner and continuing beginner exercises which focus on strengthening and balancing the core muscle groups, developing greater flexibility, strength, concentration, coordination and control.

**Meditation and Breath:** Set aside a quiet time in your day as you practice simple sitting and walking contemplative techniques and pranayama to strengthen and still the mind. Meditation is clinically shown to lower blood pressure, manage stress, and restore equilibrium to the nervous system. Comfort and stability of body and breath make an easy flow into deep relaxation. **Please enter and exit quietly when hearing the sounding of the bell.**

**T'ai Chi, Feldenkrais, Chi Kung, and Restorative Yoga:** Sample these healing arts as natural antidotes to stress for more ease of motion, balance and increased energy and circulation. Appropriate for all levels.

**Kundalini Yoga:** This is a powerful technology that works rapidly to heal imbalances and contributes to the release of stagnant mental and behavioral patterns. With positive benefits to the glandular system, sets of breath and movement are repeated quickly or held for a long time. Suitable for people in good health.